



Hello, Little Oak Explorers!

It is time to say goodbye to Summer now. Did you have a special one? I hope so. At the very beginning of Autumn, I quite like to go out into nature and pick some of my favourite flowers. Make sure that you are with your parent or carer so you can ensure that you are not picking anything poisonous.

Find some old jam jars and put each different variety of flower petal into its own jar – pack as full as possible with the petals.

Now ask your parent or carer to pour boiling water over the petals for you, so the petals are covered but using as little water as possible. This ensures the colour will be as concentrated as possible.

Once cooled add 2-3 drops of vinegar and a pinch of salt to each jar. Leave the magic petal paint overnight. The next day strain out the petals and your magic petal paint will be ready to use. This magic paint will smell like summer, and you can now use the opportunity to create a beautiful looking, beautiful smelling painting that represents everything you were thankful for this summer. This activity will help you feel calm, thankful and inspired for the season ahead.

Below you will find the wildflowers of the month for September. Perhaps you will see them whilst you are out petal picking? Perhaps you could take some pencils and a notebook with you and draw them?

Don't worry if you cannot find them of course (practise makes perfect), so just in case you cannot find them - I have included some colouring in sheets overleaf for you of September's wildflowers of the month! Now you can create your own. Enjoy Little Oak Explorers. Isn't Autumn beautiful?!



Up to 13th: Sunflower



14th: Passionflower



29th: Michaelmas Daisy





